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Crystals & Stones

Anon

Gemstones have been used for centuries as meditation aids and magical foci. Each individual type of stone has different properties. Here are some healing and spiritual properties from a list I have. These descriptions are based on ancient legend and lore:

Agate: Moss Agates considered to be most powerful. Aid in restoration of energy, used in healing, and believed to bring wearer happiness, wealth, health, and long life. Increases ability to ward off self-induced anger and inner bitterness. Carnelian-gives protection and energy. Moss green-balances emotional energy. Moss red-balances physical energy. Blue lace-gives tranquillity.

Amber: Powerful healing stone with large amount of organic energy. In ancient times, ground to a powder and mixed with honey or oil of roses for various physical problems. Filters germs and infections and has the power to disinfect. Worn around the neck to help fight infection and respiratory diseases. Lifts the spirits.

Apatite: Promotes communication and mental clarity.

Amethyst: Increases spiritual awareness, has a calming and soothing influence, has the ability to transmute negative into positive, and is very effective as a healing stone. Warmed and placed on the forehead and temples, it is good for headaches. Has the ability to draw through it forces directed towards the body and repels vibrations which the body doesn't need, thus releasing only the energy patterns beneficial to the body. Best worn in healing near the heart center. Opens up spiritual and psychic centers. Helps prevent drunkenness.

Aquamarine: Calms nervous tension. Calming effects of the sea. Used to help banish fears and phobias. Means sea water. Soothing and cleansing.

Adventurine: Increases perception and creative insight. Stimulates opportunity and motivation.

Azurite: Powerful healing stone, invokes spiritual guidance, opens psychic eye. Good for dreams and improving psychic ability.

Bloodstone: Stimulates flow of energy for healing blood circulation, stops hemorrhaging. Removes emotional blockages.

Citrine: Stimulates openness and accelerates the awakening of the mind. An aid to the digestive system. Helps eliminate toxins. Encourages tremendous healing on the emotional and mental levels, helps un-block subconscious fears, and serves as a natural relaxant.

Coral: Balances physical energy and relaxes tensions. Carries the creative vibrations of the sea.

Emerald: Promotes creativity, stimulates perception and insight, and strengthen memory. Beneficial effect on the eyes.

Garnet: Balances hormones, good for mental depression, enhances self-esteem, alleviates bad dreams, and encourages success in business. Thought to assist in seeing into past incarnations.

Hematite: Calming to the emotions. Worn as an amulet to confer strength and procure favorable legal judgments. In Egypt, used to reduce inflammation and treat hysteria. Considered to be a grounding stone. Helps maintain balance between body, mind, and spirit.

Ivory: Spiritual protection.

Jade: Stimulates practicality, wisdom, and universal attunement. Thought to provide a link between the spiritual and the mundane. Most revered by the Chinese.

Jasper: For energy balancing of emotions and stress.

Flourite: Opens and softens the way for the use of other stones. Excellent used in aquariums-provides needed minerals.

Lapis Lazuli: Stimulates wisdom, truthfulness, & psychic experiences, healing and strengthening when worn next to the skin. Strengthens mind and body to spiritual awareness.

Malachite: often used as a child's talisman to sleep soundly & protect from bad dreams. Stimulates clear vision and insight, represents hope and inner peace, believed to protect from danger. Increases abundance in all areas of life.

Moonstone: Brings good fortune. Reflects the wearers being and feelings. Promotes unselfishness. Opens the heart to humanitarian love and hope. Good for protection while traveling on water. Gives clarity to spiritual understanding. Good for pre-menstrual symptoms and balancing to the reproductive system. Used to ease childbirth.

Pearl: Stimulates feminine qualities, used to focus attention, helps pull together mental and spiritual forces, peace of mind. Represents purity, modesty, & gentleness.

Peridot: Dispels fears, guilt, and depression. Used to counteract negative emotions and healing of the spirit. Affects top three chakras. Once worn as a means of gaining foresight and divine inspiration.

Quartz: Amplifies the healing energy of the one using it. Used to help draw out pain. Able to tap into the energies of the universe. A good stone for meditating on. Works primarily with the Third Eye center, also relates well with the heart center. To be able to tune into the quartz promotes clarity while concentrating on it. Also affects the crown chakra. Very potent and often worn to protect from negative vibrations. Cleanse regularly. Rudilated-rutile needles help focus attention. Smoky-good for calming the mind. Rose-vibrations of universal love & inner serenity.

Ruby: Increases vigor, renews vitality and cleanses the blood. The stone of courage.

Topaz: Calms emotions, protects against external stresses. To restore physical energy & quiet emotional nature.

Tiger Eye: Very powerful protection, clarity of thought.

Tourmaline: Causes the wearer to be more flexible, more understanding and more objective in purpose and reason. Calming. Each person has a different response to this stone. Causes a reaction in the intestinal tract. Black and Crystal-removes negativity and cleanses. Some say it should not be worn as jewelry. Electric and magnetic properties.

Turquoise: Vibrates calming radiation, protective, and restores healthy mental attitude. Stone of friendship. Balancing and healing. Great strength and vitality. Takes on characteristics of the wearer.

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